

<b>Session name</b>	<b>Have an idea!</b>
<b>Theme</b>	Inclusion, Upcycling
<b>Target group</b>	13-35
<b>Group size</b>	6-25
<b>Time</b>	60 – 90 minutes
<b>Objectives</b>	<ul style="list-style-type: none"> <li>✓ To promote inclusion and to increase awareness among people</li> <li>✓ To promote upcycling as a tool for teambuilding</li> <li>✓ To increase creativity</li> </ul>
<b>Materials</b>	<ul style="list-style-type: none"> <li>○ Paper</li> <li>○ Glue</li> <li>○ Tape</li> <li>○ Scissors</li> <li>○ Pens</li> <li>○ Candies</li> <li>○ Anything that can be reused – plastic bottles, belts, clothes, CD-s, caps...</li> </ul>
<b>Equipment</b>	Laptop/phone/CD player  Camera

### **Description**

10 minutes (PI + PII)

#### **1. Energizer - P<sub>I</sub>**

- Taking into consideration the number of participants, facilitators separate types of candies into groups of 3 - 5.
- Each participant receives one type of candy.
- Invite them to exchange the candies randomly until the music stops.
- The facilitator turns on the music for 1 minute.
- Tell the participants to find the other group member according to the type of candy.

#### **2. Energizer - P<sub>II</sub>**

- Each group is given paper and tape.
- Their task is to build the highest tower with the provided materials in 4 minutes.

30 minutes

### **3. "Have an idea" - TB & Upcycling**

- Facilitators put the materials in front of the participants
- Each participant is allowed to take 2 objects for his group
- Each group chooses their work space
- Their task is to create an object in 25 minutes using only the materials they took
- They are allowed to exchange materials among the groups
- Participants can also use working tools (glue, tape...)
- After 25 minutes each group is invited to present their creation during 1 minute

10 minutes

### **4. Debriefing & debate**

Start by asking participants about what happened and how they feel about the activity and then go on to talk about the issues raised and what they learnt.

- How did people feel during the activity?
- What did they considered while choosing the objects?
- Do you find this activity useful?
- What would you change?

### **5. Outcome of the session**

- Increased mutual recognition and group cohesion
- Boosted experiential learning
- Developed social competences
- Increased creativity

### **Ideas for action**

- For nr.3 participants who receive an object from the facilitator will have to change the group (world cafe)
- For nr.3 participants have to find the materials outdoors (or just finding one extra material)